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Winnipeg metro
Your essential daily news | TUESDAY, JANUARY 26, 2016

Pope offers book of answers (to kids' questions)
metroLIFE

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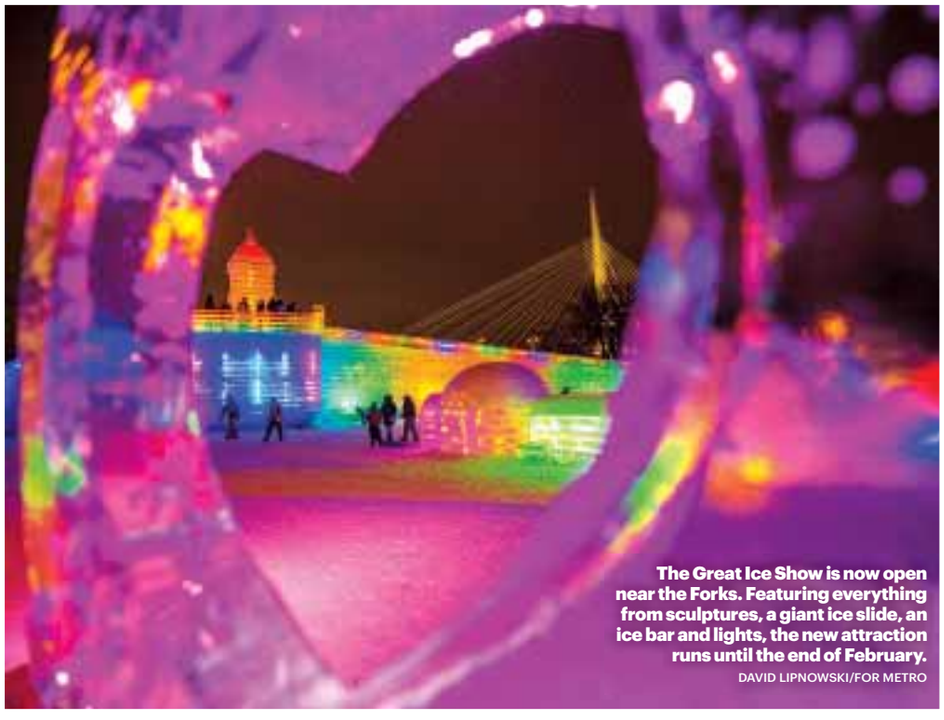

The Great Ice Show is now open near the Forks. Featuring everything from sculptures, a giant ice slide, an ice bar and lights, the new attraction runs until the end of February.
DAVID LIPNOWSKI/FOR METRO

NIGHT LIGHT

MP eyes transit extension plan

BUS SERVICE

Park and ride could be coming to East St. Paul

Stephanie Taylor
Metro | Winnipeg

Feedback from the doorstep during last fall's election has one local Liberal member of Parliament following up on a plan to extend Winnipeg Transit into East St. Paul.

MaryAnn Mihychuk said consultation is underway with members of the largely suburban community, located roughly a 20-minute drive outside the northeast corner of the city, in regards to bringing transit services to the municipality.

"Over 70 per cent of those that we speak to are in support, and would like to see the extension of transit up in the community," she said during a recent interview.

"Our intention is to meet with transit, which is going to be the next step. Is it possible? How would the deal look?"

Any extended service would likely come in the form of a park and ride program, according to Coun. Jeff Browaty, who says Mihychuk contacted him about the project.

Essentially, a park and ride system is where residents park their cars in designated lots on the outskirts of high-traffic areas, and use public transit to reduce the number of vehicles on the road.

Winnipeg Transit says it currently offers 12 such programs, but this could be the first of its kind offered through a municipal partnership.

Browaty says he isn't sold on the idea just yet, and would need to see how it benefits the city, both financially and in terms of improved service.

"Any additional operating costs would have to be subsidized … by the (rural municipality)."

If done properly, he believes it has the potential to increase bus frequency along Henderson Highway, "making it more of a transit-oriented development area."

Mihychuk says she hopes for a plan to materialize in the next six months.

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metro NEWS

Your essential daily news

Banksy takes a swipe at France's handling of migrant crisis. **World**

EDUCATION

Trustees mull 5.1% tax hike

Winnipeg School Division trustees will debate a 5.1 per cent increase in school property taxes for next year's budget.

The $396.9-million draft budget will be tabled before the division's finance and personnel committee Monday evening.

The draft budget notes the cost of supplies — books, equipment, and materials for school building and maintenance — are also increasing.

Members of the public are invited to have their say during a series of consultations next month. METRO

MEETING DATES

Central District Advisory Committee
Feb. 3, 7 p.m.
École Sacre-Coeur

North District Advisory Committee
Feb. 4, 7 p.m.
Tyndall Park School

South District Advisory Committee
Feb. 9, 7 p.m.
Queenston School

Inner City District Advisory Committee
Feb. 10, 6:30 p.m.
R. B. Russell Vocational High School

A public board of trustees special budget consultation meeting will also be held: Feb. 22, 7 p.m. 1577 Wall St. E.

Ex-hockey coach, abuser gets day parole in Quebec

COURT

Graham James is banned from contact with minors, victims

Graham James, a former junior hockey coach who sexually abused players, was granted day parole on Monday.

James, 62, appeared before the National Parole Board at a federal prison north of Montreal.

The release comes with strict conditions and falls short of the full parole he was seeking.

The board said full parole would be premature right now and that James needs to show more empathy.

James is currently serving a seven-year sentence for sexually assaulting players he coached in the late 1980s and early '90s with the Swift Current Broncos of the Western Hockey League.

The conditions include a ban on being in contact with anyone under 18 and a prohibition on having direct or indirect contact with his victims.

He must also tell a case worker about any would-be or actual relationships.

James pleaded guilty last June to more charges involving a player who described the former junior hockey coach as his tormentor and his demon.

> By granting day parole the Canadian justice system just kept more victims of rape silent and feeling more shame today!!!!!
> Theo Fleury on Twitter

A judge in Saskatchewan accepted a joint submission from the Crown and defence that called for two years to be added to the five-year sentence James had almost finished serving on other charges.

It was the third time James faced sex charges involving players he coached.

He served 42 months in federal prison after he pleaded guilty in 1997 to sex offences against Sheldon Kennedy and two others. Kennedy played for the Broncos at the time of the assaults and went on to play in the National Hockey League.

James sought and received a pardon for those offences in 2007, but he was back in court a few years later when Todd Holt and his cousin, retired Calgary Flames star Theo Fleury, came forward with a new set of allegations.

James pleaded guilty and was initially sentenced to two years in 2012. An appeals court increased the sentence to five years.

Fleury tweeted his reaction on Monday to the parole board's decision.

"By granting day parole the Canadian justice system just kept more victims of rape silent and feeling more shame today!!!!!," he said. THE CANADIAN PRESS

THE FORKS

ALL-SEASON INSTALLATION

Tanya Tagaq, an award-winning Inuk throat singer, designed the "In the light of the Kullik" warming hut with the help of Peter Hargraves, of Sputnik Architecture. Tagaq said the word "Kullik" represents seal oil lamps, and the warmth they bring is fitting for a warming hut. The steel shell of the warming hut is filled with snow and leaves behind a snow form when removed, but the shell can also be used as a sculpture installation in warm months. The huts will be out on the skating trail at the Forks.

BRAEDEN JONES/METRO

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TRANSIT TUESDAY
Weekly Transit News Update

TRANSIT CODE OF CONDUCT NOW IN EFFECT

Winnipeg Transit recently adopted a Transit Code of Conduct to promote the safety and well-being of employees and passengers while on transit property.

The following Transit Code of Conduct, finalized in December 2015 and based on Transit By-Law No. 89/2014, was created to encourage appropriate behaviour and conduct while using transit services.

- Threats or assaults will not be tolerated;
- Riders must pay applicable fare and comply with all fare terms and conditions:
- Do not cross the safety line near the front of the vehicle while the vehicle is in motion;
- No smoking, littering, spitting, vandalism, or graffiti;
- No consumption of alcohol, illegal drugs or inhalation of solvents;
- Do not disturb, annoy or interfere with any other person, includes loud, foul, insulting, abusive or inappropriate language;
- Do not place feet on bus seat, spill food or beverages or create any unsanitary condition;
- No soliciting, selling or distribution of merchandise or printed materials;
- Do not impede the movement of passengers or employees;
- Any item which may cause an obstruction or unsafe condition is not permitted;
- No unlawful carrying of firearms or restricted weapons, explosive, flammable, or toxic material;
- Do not extend any body part or object through bus window or door;
- Service animals are allowed, all other animals must be in a closed carrier.

Any person who fails to comply with Transit By-law 89/2014 may be found guilty of an offence and upon conviction may be subject to a fine and/or may be restricted from using the service in the future.

For more information about The Code of Conduct and Transit By-Law 89/2014, please visit winnipegtransit.com

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Winnipeg Humane Society is offering to neuter/spay cats for $5 in a bid to help keep the city's feral population under control. **The society says the low-cost service will especially help those who normally can't afford the procedure.** THINKSTOCK

Humane society offering $5 fixings

ANIMALS

Organization hopes to spay, neuter 500 cats in February

In an effort to curb cat overpopulation, the Winnipeg Humane Society (WHS) is offering cheap spay and neuter surgeries to low-income cat owners this month.

The $5 procedures during "Fix 'Em February" are accessible to families and individuals living on low or fixed incomes in Winnipeg.

Humane Society CEO Javier Schwersensky said the extra effort was needed "to prevent cats from wandering the streets of Winnipeg.

"Cat licensing and spay and neuter surgeries create solutions to combat cat overpopulation," he said. "It's crucial to offer spay and neuter surgeries at an extremely low cost to those who can't afford it."

In a prepared statement, the WHS said it intends to spay and neuter 500 cats in February.

Fix 'Em February is a joint initiative funded by the City of Winnipeg Animal Services Agency (WASA) and WHS donors.

"Low-cost spay and neuter surgeries play a critical role in preventing unwanted litters," said Leland Gordon, WASA's chief operating officer.

People can register online at winnipeghumanesociety.ca, by calling 204-888-7627, or by visiting the WHS clinic at 45 Hurst Way. METRO

> **Spay and neuter surgeries create solutions to combat cat overpopulation.** Javier Schwersensky

TRAFFIC SAFETY

Watchdog loses bid for better speed-limit signs

Stephanie Taylor
Metro | Winnipeg

The city's unofficial traffic watchdog has been unsuccessful in an attempt for a Manitoba court to rule that Winnipeg's roads with lowered speed limits need better signage.

Todd Dube of Wise Up Winnipeg says the group appeared before the province's appeal court last week over what he says is a lack of dual signage for speed limits.

For example, Dube pointed to stretches along divided roads, such as Grant Avenue and Kenaston Boulevard, where he says there is a only a single 50km/h sign on the right-hand side of the road when, he says, there should be a second sign erected in the median to ensure the speed limit is made clear to drivers.

"They do as little as possible to follow engineering practices, and they focus on this speeding epidemic that is somehow unique to Winnipeg," he said of city officials.

"You have drivers inadvertently breaking the law."

Dube said the appeal was made on the grounds the Highway Traffic Act states, "reasonable signage has to complement speed reductions."

However, Dube said it ultimately decided that the matter of interpretation fell under the purview of civic traffic engineers, not the courts.

The issue of proper signage for speed limits evolved after Dube says the city began targeting reduced zones to catch drivers with photo radar enforcement.

"Unless it's posted properly, it's entirely abusive."

Asked what the group was planning do to next, Dube said they would regroup to find a new strategy.

"It may very well be to purchase these $30 signs and erect them."

SNOWMOBILING

New app maps trails

Braeden Jones
Metro | Winnipeg

Snowmobilers in the province have a new way to find their way, thanks to an app version of Snowmobilers of Manitoba (Snoman) trail maps released Monday.

"All of the trails in the province are in there," said Snoman president Alan Butler of the free RiderX app, developed by Polaris.

Snoman has produced paper maps for 12,000 kilometres of trails for close to 20 years, but Butler says digitizing it was a matter of "getting with the times," and the partnership with RiderX made doing so easy.

"All of our (trail) groomers have GPS locators in them.… So it was a matter of turning our information over to RiderX so they could overlay it onto their system," Butler said.

The app will help riders navigate, and record their rides.

Another benefit Snoman sees is the ability to digitally plot routes at the RiderX website before heading out, and download it to the user's phone, which cuts down on battery usage and gives riders confidence in their routes.

Standing tall in the Hall

Guess Who frontman Burton Cummings at the Juno Awards in 2005. GETTY IMAGES

CANADIAN MUSIC

Burton Cummings' solo work to be honoured

Burton Cummings is headed to the Canadian Music Hall of Fame — again.

The Canadian Academy of Recording Arts and Sciences says the frontman for the Guess Who will be the first artist to have his name added to the Hall of Fame's new home at the National Music Centre in Calgary on April 1.

Cummings will also be honoured with a tribute during the Juno Awards on April 3.

Cummings and the other members of the Guess Who were previously inducted into the Canadian Music Hall of Fame in 1987.

Cummings left the band in 1976 to launch a solo career, which spawned a series of hits including Stand Tall, You Saved My Soul and I'm Scared.

The singer is also a five-time Juno winner and holds the record for hosting the ceremony four times.

"I wish my mother had lived long enough to see this. She would have been over the moon about it. I've received many acknowledgments through the decades, but truthfully, I cannot say that any of them outweighs this one," Cummings said in a statement.

"I watched the Canadian industry evolve from its fledgling days into a global contender, and witnessed one brilliant artist after another leave a mark that was recognized all over Earth. I'm extremely proud to have been a part of those early days."

The Guess Who got their start in Winnipeg. A Winnipeg community centre and a downtown theatre has been named after the frontman. THE CANADIAN PRESS

> **"I'm extremely proud to have been a part of those early days.**
> Burton Cummings

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Come along on a musical journey

ARTS AND CULTURE

Out-of-town acts aplenty on program set for venue hopping

Nigel Moore
For Metro | Winnipeg

Upcoming artists and fervent fans in Winnipeg's indie music scene are about to celebrate at a cool new venue on the Assiniboine River this week.

The fifth-annual Big Fun festival, happening this Wednesday to Sunday in venues throughout downtown, has booked three nights of live music on the river at the Forks through a partnership with the RAW:almond pop-up restaurant.

There will be an R&B and chill night this Thursday, shoegaze and indie rock on Friday and electronic music and dance on Saturday, said Big Fun co-founder and marketing co-ordinator Lauren Swan.

The restaurant is one of eight locations that will host shows by a total of 50 artists.

"We've added more shows than previous years and we have more out-of-town acts coming in," said Swan.

About 10 of the artists are from outside the province or farther afield.

The venues are as walkable as possible between shows, said Swan.

"We've staggered the shows and curated them so you can see quite a few shows by venue hopping," she said.

> **Nothing is too abrasive or insane.**
> Lauren Swan

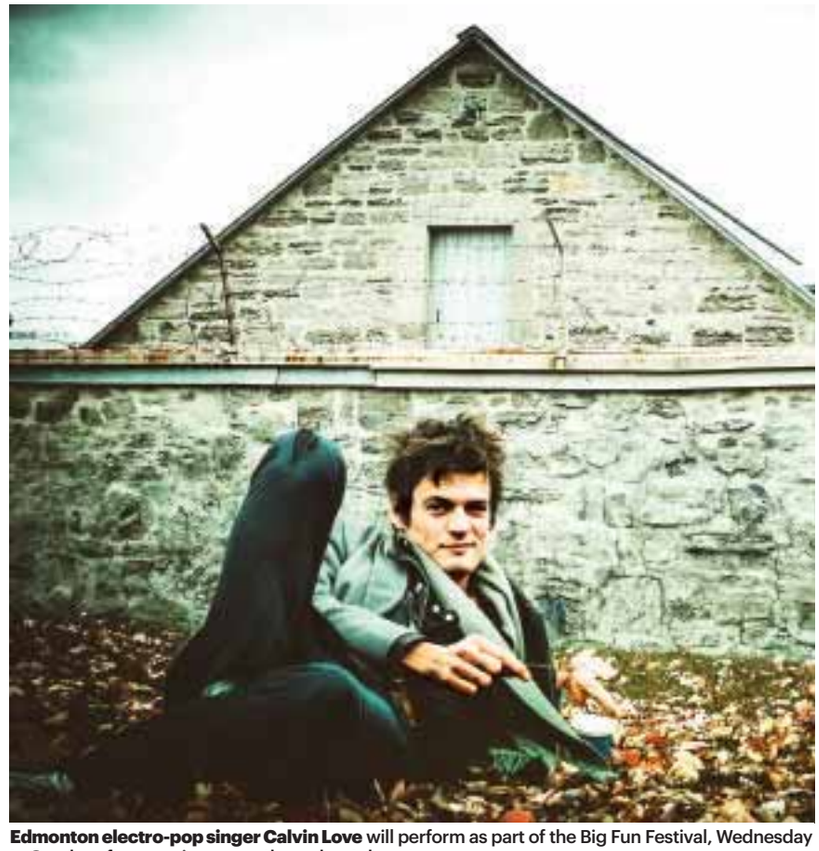
VENUES

- The Ballroom (218 Roslyn Rd.)
- RAW:almond
- The Good Will
- The Handsome Daughter
- Windsor Hotel
- Thom Bargen Coffee & Tea
- West End Cultural Centre
- Sherbrook Inn

First-time festival-goers should get tickets early and just have fun, she said.

"Walk around, follow the crowds.... Nothing is too abrasive or insane; everything is really good. If you don't like it, you can always walk down the street and pop into the next venue."

Individual tickets and wristbands are available at Music Trader and through BigFunFestival.com.



Edmonton electro-pop singer Calvin Love will perform as part of the Big Fun Festival, Wednesday to Sunday afternoon in venues throughout downtown. COURTESY JEAN-PHILIPPE SANSFACON

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U.S. considers turning off falls

NIAGARA RIVER

Water would be directed to Canada during bridge repairs

The American side of Niagara Falls may temporarily turn into a rock patch.

New York State officials are planning a public hearing on Wednesday to discuss whether to turn off the taps on their side of the waterway while replacing 115-year-old bridges.

To do this, they might stem the flow on the American side of the falls while redirecting Niagara River water to the Canadian side.

"We would divert," Randy Simons, of the New York State Parks, Recreation & Historic Preservation, said in a telephone interview. "The water would go over the Canadian side."

Whatever happens on Wednesday, the public won't see rocks instead of water on the American side of the iconic falls for several years, Simons said.

New York officials say the American side of Niagara Falls may be redirected to the Canadian side to support a series of infrastructure projects. ISTOCK

The U.S. falls have been reduced to a trickle before. In 1969 engineers checked on erosion, and removed loose rock to strengthen faults in the foundation. NIAGARAFALLSLIVE.COM

"You're looking at at least three, five, seven years," Simons said. "We don't have any funding on this."

It would take federal funding to support the project, expected to cost tens of millions of dollars, Simons said.

The agenda for the Wednesday meeting includes the presentation of three proposals, two of which call for "de-watering" of the falls, Simons said.

One of the "de-watering" proposals involves shutting the American falls down for five months and the other for seven months, Simons said.

The bridges were built in 1900 and 1901 and they have been refurbished in 1969, 1980, 2004 and 2013.

If "de-watering" occurs, it wouldn't be the first time the falls went dry.

U.S. engineers diverted water away from the American falls for several months in 1969.

Engineers then strengthened faults in the falls' foundation to stem erosion.

The water-less falls in 1969 actually proved to be a tourism draw and that could happen again, Simons said.

"They had a unique tourism opportunity when that happened," Simons said. "We think it would be a huge tourism draw (again). It would be a once-in-a-lifetime (opportunity)." TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

Suspected shooter was bullied: Friend

LA ROCHE

Those close to accused say he didn't show any signs of anger

If being bullied and teased about his big ears bothered him, he didn't let on, said those close to the 17-year-old suspect in a deadly shooting spree in northern Saskatchewan.

The teen, who can't be named under the Youth Criminal Justice Act, appeared in court Monday and is accused of orchestrating the school shooting, one of the deadliest in Canada's history, at La Loche Community School last Friday.

Childhood friend Emilio Montgrand, 25, said the alleged shooter was teased about his appearance, especially his big ears. Despite their age difference, Montgrand said the two were close and would often play Nintendo 64 together.

If the taunts bothered him, Montgrand said, the 17-year-old didn't speak about it, and kept his anger bottled up inside.

"If he actually talked about it, it wouldn't even go this far," Montgrand said.

"Right now, it's no use blaming him for whatever happened."

The tall, thin 17-year-old wore an orange jumpsuit and had his legs and hands shackled as he was brought into a packed courtroom in Meadow Lake, a community about 350 kilometres south of La Loche, where the shooting happened.

The teen is accused of killing two brothers, Drayden Fontaine, 13, and Dayne Fontaine, 17, in their home before going on a shooting rampage at the school, killing two teachers and wounding seven others.

Those who knew him say the accused was a quiet boy, and gave little indication of the turmoil that could be within.

Montgrand, who is a volunteer firefighter, said the accused was a nice person who he didn't think was capable of violence.

"I do blame the bullying," Montgrand said. Outside court, lawyer Ian Mokuruk said he was contacted on the weekend to represent the accused.

Asked about how his client was doing, he said: "He's upset. Much like his demeanour in court, he was not at all happy, which is understandable. It's a very tragic situation."

TORSTAR NEWS SERVICE

CHARGES

The suspect is charged with four counts of first-degree murder and seven counts of attempted murder. He is to be held in custody until his next court appearance Feb. 22.

Members of the community come out to watch Saskatchewan Premier Brad Wall speak in La Loche, Sask., on Sunday. **The acting mayor of La Loche and others have called for the school to be torn down and rebuilt.** JASON FRANSON/THE CANADIAN PRESS

IN BRIEF

First Nations advocates await child welfare ruling

The Canadian Human Rights Tribunal will determine if Canada has discriminated against children on reserves nine years after first being challenged.

In 2007, The First Nations Child and Family Caring Society of Canada argued the feds failed to provide First Nations children the same level of welfare services that exist elsewhere, contrary to the Canadian Human Rights Act. The ruling will be published online Tuesday. THE CANADIAN PRESS

Canada calls out Israel on settlement construction

Israel's widely condemned practice of constructing settlements in territory claimed by the Palestinians faced gentle criticism Monday from a relatively unfamiliar source — the Canadian government.

Foreign Affairs Minister Stephane Dion named both the construction of the Israeli settlements and the Palestinian pursuit of unilateral statehood recognition as impediments to peace. THE CANADIAN PRESS

East Asian cold snap blamed for 65 deaths

WEATHER

Countries see coldest days, heaviest snow in 50 years

Unusually cold weather in eastern Asia has been blamed for more than 65 deaths and brought the first snow to a subtropical city in southern China in almost 50 years.

TAIWAN

Temperatures in Taiwan's capital of Taipei plunged to a 16-year low of 4 C, killing 57 mostly elderly people, according to government officials.

Most homes in subtropical Taiwan lack central heating, and the cold caused heart trouble and breathing problems for many of the victims, a city official said.

MAINLAND CHINA

Most parts of mainland China experienced their coldest weather in decades over the weekend. The southern city of Guangzhou, which has a humid subtropical climate, saw snow on Sunday for the first time since 1967.

Temperatures fell 8 to 16 degrees from Thursday to Sunday in parts of north China, and temperatures in central and eastern China were 6 to 8 degrees lower than average, news agency Xinhua said.

JAPAN

Heavy snow in western and central Japan left five people dead over the weekend and possibly a sixth on Monday.

Kyodo News service said the victims included a woman who fell from a roof while removing snow, a man in a weather-related traffic accident, another man found under a snowplow and a couple that fell into an irrigation channel. The heavy snow stranded motorists, delayed trains and caused flight cancellations.

THE ASSOCIATED PRESS

A young boy enjoys the light snowfall on a tea plantation in the Pinglin mountain area of New Taipei City, Taiwan, on Monday.

WALLY SANTANA/THE ASSOCIATED PRESS

REFUGEE CRISIS

New Banksy mural criticizes France

British graffiti artist Banksy is tackling the refugee crisis once again, with a new mural criticizing the use of tear gas against migrants in "The Jungle" camp in Calais, France.

In the new piece, Banksy depicts the young girl from the play Les Misérables with tears in her eyes as plumes of tear gas rise up from a canister beneath her. A ripped French flag is also painted behind her. The image appeared opposite the French embassy in Knightsbridge, London, overnight on Saturday, The Guardian reported.

Workers boarded up the mural, but the boards were removed shortly thereafter, the BBC reported. The mural has been damaged after attempts to take it down. TORSTAR NEWS SERVICE

A new Banksy artwork displayed opposite the French embassy on Monday in London, England. GETTY IMAGES

ANTARCTICA

Explorer Henry Worsley dies

A British adventurer attempting to become the first person to cross the Antarctic alone and unsupported has died after collapsing from exhaustion within miles of his goal. Former army officer Henry Worsley was just 48 kilometres from the end of the almost 1,600-kilometre trek when he called for help and was airlifted off the ice Friday. His family said Monday that Worsley, 55, died "following complete organ failure" at a hospital in Punta Arenas, Chile. He had undergone surgery a day earlier for bacterial peritonitis — an infection of the tissue lining the abdomen. THE ASSOCIATED PRESS

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LOTTERY WINNINGS

What to do with a jackpot

When it comes to buying lottery tickets, players put plenty of thought into picking their numbers. But how much goes into the plan if lottery players actually win? Here's what financial experts say you should do next:

1. **Cool off for 30 days:** That's the suggestion of Larry Moser, regional manager with BMO Investor Line, who says the prize announcement can wreak havoc on your personal life. A cooling-off period also gives you time to reflect on how the winnings will add to your happiness, says Ted Rechtshaffen, president and CEO, TriDelta Financial, a Toronto-based independent financial planning firm.

2. **Get professional help:** Find a lawyer or financial adviser to help structure a financial plan.

3. **Calculate income needs:** A financial plan will help you determine how much money you need to maintain the lifestyle you want to lead.

4. **Sort out giveaways:** With family and friends, one idea is a one-time only gift, says Ted Rechtshaffen, president and CEO, TriDelta Financial. For charities, he recommends setting up a charitable foundation to generate tax credits.

5. **Invest tax-efficiently:** Investments can range from a diverse equity portfolio to a permanent life insurance policy, which allows you to grow your money tax-free.

TORSTAR NEWS SERVICE

SUPER BOWL RESIDENTS CHARGE SKY-HIGH RENTS
Therese Lehane, playing with her dog outside her house in San Jose, Calif., is renting out two of her rooms to Super Bowl news crews. In the San Francisco Bay Area, where high rents are legend, residents looking to make a quick buck are offering their homes at super-sized prices to the one million visitors expected for the Super Bowl festivities. A luxury 8,500-square-foot home is listed for $10,000 US a night, while a 400-square-foot cottage is going for $3,900 US for the three-night weekend. A four-bedroom apartment near "Super Bowl City" is listed at $1,495 US a night, with a minimum six night stay. And a treehouse for two in a 150-year-old oak tree a half hour drive from downtown is going for $495 US a night. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Too soon to close door on TPP deal: Freeland

TRADE

Canada has two years to ratify accord after signing

The federal government has confirmed that it intends to sign the controversial Trans-Pacific Partnership trade deal at a meeting on Feb. 4 in New Zealand.

But when it comes to ratification of the 12-country treaty, the Liberals are still perched squarely atop the fence.

"Just as it is too soon to endorse the TPP, it is also too soon to close the door," International Trade Minister Chrystia Freeland wrote Monday in an open letter posted on her department's website.

"Signing does not equal ratifying…. Signing is simply a technical step in the process, allowing the TPP text to be tabled in Parliament for consideration and debate before any final decision is made."

Only a majority vote in the House of Commons would ensure that Canada seals the deal, she added. She has also requested a thorough, transparent study of the agreement by parliamentary committee.

Freeland said each country has up to two years to consider ratification before making a final decision. She pointed out that by signing the deal Canada will keep its status as a potential full partner in the agreement.

Chrystia Freeland
THE CANADIAN PRESS

Trade ministers from the TPP's partner countries have been invited to sign the deal on Feb. 4 in Auckland.

In recent weeks, Freeland has conducted public consultations on the wide-ranging accord, which — if ratified — would also set new international rules for sectors beyond trade. Those other areas include intellectual property, which worries some experts.

"Many Canadians still have not made up their minds and many more still have questions," Freeland wrote.

Former prime minister Stephen Harper had hailed the TPP as a deal that would give Canada access to a massive market of nearly 800 million people. He warned Canada couldn't afford to pass up on the agreement, a deal that came under heavy criticism in part because the talks took place in secrecy.

THE CANADIAN PRESS

IN BRIEF

McDonald's sales rise
McDonald's, fighting to win back customers, says offering breakfast around the clock helped jolt its sales which rose 5.7 per cent in the U.S. for the final three months of 2015. It was its best showing since early 2012.
THE ASSOCIATED PRESS

Medical pot prices cut
Licensed marijuana producer Bedrocan is slashing the price of all six of its medical cannabis strains to $5 a gram, citing a desire to make medicine more affordable for patients. The products previously cost $7.50 a gram. THE CANADIAN PRESS

Walmart ending free bags
Beginning Feb. 9, Walmart Canada will charge five cents for plastic bags as part of its strategy to cut the amount of plastic that ends up in landfills.
THE CANADIAN PRESS

Postmedia signs new deal
Mogo Finance Technology has signed a three-year deal to get at least $50 million of promotional commitments from Postmedia, which will get a percentage of Mogo's revenue and rights to buy stock in the company.
THE CANADIAN PRESS

market minute

DOLLAR 70.08¢ (–0.59¢)
TSX 12,143.16 (–246.42)
OIL $30.34 US (–$1.85)
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metro VIEWS
Your essential daily news
Tuesday, January 26, 2016

THE BIG THING: MEDIA MELTDOWN

A trickle of job losses in Canadian news media became a gush this month as Postmedia, Torstar and now Rogers Media are together showing hundreds of employees the door. Meanwhile, serious labour strife has broken out at the Halifax Chronicle Herald, and some of the country's oldest daily newspapers are being tossed onto doorsteps, in print form, for the very last time. What's the scoop on the media's troubles?

NEED-TO-KNOW NUMBERS

Rogers Media revealed Monday it's nixing 200 jobs in publishing, broadcasting and administration, though exactly who's getting the axe hasn't been announced yet.
Metroland Media announced Monday the Guelph Mercury will close its print edition and let go of 23 full-time and three part-time employees. The Toronto Star announced plans in January to consolidate its printing in one plant; cutting 300 jobs, including 13 editorial positions. (Metroland, like Metro News, is part of Torstar).
Postmedia said goodbye to 90 employees last week and merged the staff of its formerly competing Sun and Postmedia newspapers in Edmonton, Ottawa, Vancouver and Calgary.
La Presse, a major French-language daily, shut its weekday print edition in December, making 158 employees redundant.
Bell Media laid off 380 employees in November, most of whom worked in media production and editorial roles.

What's old is news again

Much has been made of Postmedia's plans to merge daily paper operations in major cities. But the industry has gone through periods of consolidation before — throughout the 19th and 20th centuries, in fact. Have you ever noticed how many newspapers have double-barrelled names? The Saskatoon Daily Star and The Daily Phoenix became the Saskatoon StarPhoenix in 1928. The Toronto Mail and Toronto Empire became the Mail and Empire in 1895, and in 1936 merged with the Globe, creating today's Globe and Mail. There are similar stories about the Times Colonist in Victoria (merged in 1980), the Halifax Chronicle Herald (1949), and maybe your hometown paper, too.

THE BIG NUMBER

$650M

The problems at Postmedia, Canada's largest newspaper chain, can be summed up in one word: debt. Last week's cuts were just one part of a plan to shave $80 million from the company's costs by the middle of next year — and even that won't get it back into the black. It owes more than half a billion dollars. The interest payments alone are about $60 million per year, much of it going to American hedge funds that own part of the company. Moody's Investors Service downgraded its debt rating for Postmedia this week, saying its purchase of Sun Media last spring had a worse than expected impact on the books. Moody's also expressed doubt that Postmedia would be able to refinance its debt before it comes due in 2017 and 2018. SOURCE: REPORT ON BUSINESS

Cause of the crisis

Perhaps surprisingly, the average time Canadians spend reading the newspaper has stayed almost the same since 2000, at around three hours per week, according to the Interactive Advertising Bureau of Canada. And 70 per cent of us were still staining our fingers with newsprint on a regular basis in 2013, says a PricewaterhouseCoopers report. It's the advertisers, more so than readers, who have fled to the web. PwC analysts expect print advertising revenue in Canada to decline from $2.7 billion in 2008 to $1.7 billion by 2017— a billion-dollar loss. Where is that money going? Facebook and Google together hold more than 55 per cent of the U.S. mobile advertising market; where the growth in the industry is. It's likely the picture in Canada is similar.
SOURCE: REPORT ON BUSINESS

ROSEMARY WESTWOOD

metroview

Twitter is not the digital equivalent of the public park

Twitter is no walk in the park.

Not figuratively, for the many women subject to a regular dose of rape and death threats — but not literally, either.

It's not the digital equivalent of the public park, or public sphere, as has been suggested by pundits analyzing the not-guilty verdict handed down Friday in the country's first-known Twitter harassment case.

Far from being the wild west or the great wide open, Twitter is a private company, operating for profits. And anyone lauding the Twitter verdict as a victory for freedom of speech should expect those celebrations to be short-lived.

Because, on Twitter, exactly the kind of freedom of speech protected by the verdict is bad for business.

The background: Gregory Alan Elliott had been charged with criminal harassment after he sent numerous tweets to and about two women in 2012. The women testified that they feared for their safety. Judge Brent Knazan believed the women were harassed, and that they did fear for their safety, but he found that fear was not reasonable or proved beyond a reasonable doubt.

But Elliott, who boasted after the verdict that his tweets were "within the law," should note that his actions violate Twitter's own harassment policy. The company is setting the bar much lower than the courts, in an attempt to fight abuse of exactly the kind he spewed.

Last year, Twitter's then-CEO admitted that "we suck at dealing with abuse and trolls on the platform, and we've sucked at it for years."

Twitter has since been making efforts to change that, and last month it released yet another update to its rules. Those changes include making it easier for users to report abuse, block and mute users and for Twitter to lock accounts and force offensive tweeters to delete their comments.

But even so, the company is walking a fine line. Trolls are bad PR and a bad user experience, but many users demand Twitter uphold principles of free speech, even though, unlike Judge Knazan, it's under no legal obligation to do so. Hence the site's somewhat self-negating claim that its "taken several steps to fight abuse in order to protect freedom of expression."

But Twitter won't be able to have its cake and eat it, too. Now that we know the courts aren't the place to police Twitter harassment, it's even more obvious that job falls to Twitter — which, after all, runs the place.

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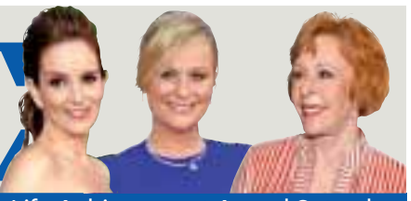


Fey, Poehler to present Carol Burnett with SAG's Life Achievement Award Saturday

Stepping back from the abyss

MENTAL HEALTH

Author shares his hard-won wisdom of how to defeat depression

Henrietta Walmark
Metro | Canada

When Matt Haig was 24, he walked to the edge of a cliff, ready to step off and end his life. He had fallen into his first depressive state and very nearly committed suicide. Haig's memoir, Reasons to Stay Alive (HarperCollins, $19.99), is rooted in that moment and the yearlong breakdown that followed.

A decade and a half later, the bestselling author of The Radleys and The Humans admits he was initially reluctant to share his history of depression and anxiety. "I was someone who hid behind the relative security of fiction, who was the sort of writer who explored things in an abstract or indirect way," Haig, now 40, says during a phone interview from England. "For various reasons I was worried about putting pen to paper about this."

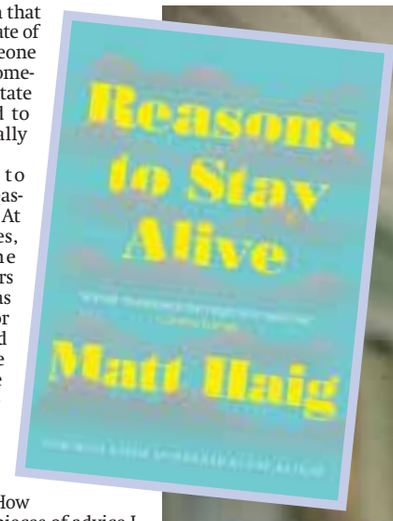
Haig needn't have worried. Although the book was released in Canada just last week, Reasons to Stay Alive launched a year ago in Britain where it became a Sunday Times bestseller and was lauded by Stephen Fry, Jeanette Winterson and Michael Palin.

While the narrative thread of the book follows how Haig triumphed over his illness, Reasons to Stay Alive takes on a somewhat unconventional form. "Even as I was writing it, I was trying work out what the book was," Haig says. "I ignored thinking in terms of writing an academic book or a straightforward memoir or a straightforward self-help book."

All Haig cared about as he was writing, he says, was how to engage someone's attention. "I wanted to make a difference to someone in that [depressive] state of mind, or someone who knows somebody in that state of mind, and to try and actually help them."

Reasons to Stay Alive is easily accessible. At just 200 pages, some of the book's chapters are as short as a single page or are comprised of lists like Things people say to depressives that they don't say in other life-threatening situations, or How to live (forty pieces of advice I feel to be helpful but which I don't always follow).

When asked what single piece of advice he would offer someone in a depressive state, Haig says, "Things change," and later adds: "Try and allow hope in, to realize that you will not stay in that place, that you will be a different person 10 years from now. Everything in your life will get better. Life is up and down but it will not stay the same. When you're feeling that pain, it's very important that you understand that."



HOW TO LIVE NO. 38

'Remember that the key thing about life on earth is change... Caterpillars become butterflies. Nights morph into days. Depression lifts.'

FROM REASONS TO STAY ALIVE

Author Matt Haig opens up about his depression in Reasons to Stay Alive. CONTRIBUTED

EXISTENCE RECONSIDERED

Life lessons extend beyond mental illness

"I don't wish depression on anyone, but from someone who's had depression, one of the ways of coming to terms with it is actually to be thankful for some of the stuff it gives you. It forces you to think about your existence in a different way," says Haig.

"It was just a natural thing of where depression led me, and also how depression can actually help people without depression — how there are life lessons which extend beyond the illness and how best to cope with it."

HEALTH BRIEFS

Woman starts website for hair pulling disorder

A Winnipeg woman has launched a website that hopes to offer help to people who have a little-known condition called Trichotillomania. Tenesha Lawson says the mental health condition causes people to pull hair out of their bodies. She has lived with it since she was 11 years old. Lawson's website called "Dear Trich," serves as a place for people to share personal stories and support each other. THE CANADIAN PRESS

NEW BOOK

Out of the mouth of babes: Pope answers kids' queries

Dear Pope Francis, 10-year-old Mohammed begins, "Will the world be again as it was in the past?"

Signed "Respectfully yours," the boy wrote from a Jesuit-run school for refugee children in Syria and was treated to a long and personal answer from the pope himself. So were 29 other children who posed questions to Francis in letters from around the globe for a new book poignantly illustrated with their own artwork.

The book, Dear Pope Francis, is out March 1 from Loyola Press in Chicago. It's a project that likely wouldn't have materialized without the help of Father Antonio Spadaro, a Jesuit like the pope and the director of La Civilta Cattolica, a Roman Catholic journal published in Rome.

Tom McGrath of the Jesuit-founded publishing house co-edited the book with Spadaro after reaching out to the priest for help.

Spadaro brought about 50 letters with questions to the pope so he could select 30. Spadaro sat with the pope as he responded to each. Francis often complimented the artwork of the children.

"He knows Pope Francis very well," McGrath said of Spadaro. "We tried to make it as easy for the pope as possible."

The pope's response to Mohammed spoke in part of suffering and the people who inflict it:

"There are those who manufacture weapons so that people fight each other and wage war. There are people who have hate in their hearts.

"There are people who are interested only in money and would sell everything for it. They would even sell other people," he wrote.

More to Mohammed's point, Francis answered: "No, when the time comes, the world will not be as it was. It will be far better than it was in the past."

Once the pope agreed to participate in the project, Loyola reached out to priests and lay people around the world to connect the publisher with children to write the letters.

The 30 kids in the book range in age from 6 to 13. "He loved the project right from the beginning," McGrath said.

"He has this great affection for children, who have a great affection for him. He was surprised at the depth of the questions."

There was no condensing or editing of the pope's responses. In a 90-minute session with Spadaro last August in Rome, Francis responded verbally in a mixture of Italian and Spanish. Spadaro served as transcriber in addition to connecting Loyola Press with the Vatican. THE ASSOCIATED PRESS

Would you take placenta pills?

MOTHERHOOD

Critics worry about possible health risks of growing trend

Kim and Kourtney Kardashian have tried them. So have January Jones and Holly Madison. And in recent years, more and more new moms are popping capsules of dried, ground placenta.

It's a trend members of the medical community are noticing. Advocates tout the potential — albeit unproven — health benefits of the pills, from reduced rates of postpartum depression to a post-birth energy boost. At the same time, some health professionals are raising red flags about the possible health risks surrounding preparing and consuming the organ that nourishes a growing fetus.

The supplement-sized capsules are made from the woman's own placenta, which is expelled following the birth of her child. Moms who've tried the pills report an increase in milk supply and a sense of balanced hormones, says Meaghan Grant, co-owner of Toronto Family Doulas which is rolling out "placenta encapsulation" starting March 1.

Melanie Pereira, a 36-year-old mother of two from Mississauga, used the pills back in 2011 after the birth of her second child and sensed a boost in her emotion levels and milk production. "I felt amazing," she says.

While she knows it could be a placebo effect, Pereira thinks it's "wonderful" placenta pills have become more accessible to women in recent years, given the potential benefits.

But despite the growing popularity of placenta pills, none of the limited amount of scientific research available shows any benefits from the practice. A 2015 Northwestern Medicine review of 10 published studies on placentophagy — as in, ingesting the placenta — didn't turn up any human or animal data to back up claims that consuming placenta in pill or other forms reduces postpartum depression, boosts energy or aids in the increased production of breast milk.

None of the studies looked into the possible risks of ingesting the organ. "There's really no research in humans of any benefit (of ingesting the placenta) that's been published — there's nothing," says Dr. Amanda Selk, an obstetrician-gynecologist at Women's College Hospital. "And we don't have any safety data either."

Selk says women should consider the limited research and possible risks. "When you deliver, there are a lot of body fluids close together. You might have a bowel movement and it might touch the placenta. We can't promise it's not contaminated," she says.

Regardless of where placenta pills are prepared, there simply isn't research available yet on safe preparation, says Dr. Selk. "We don't actually know what's safe — what preparation is safe, if high temperatures would kill bacteria and viruses," Selk says.

TORSTAR NEWS SERVICE

Some new moms make art out of their placenta , while others choose to have pills made of it.

KELLY MASLEN/TORSTAR NEWS SERVICE; INSET: LUCAS OLENIUK/TORSTAR NEWS SERVICE

FAST FACTS

Are placenta pills vegetarian-friendly?
The placenta is a human organ but plenty of vegetarian and vegan moms make an exception when it comes to eating afterbirth. An exploration of vegan and vegetarian message boards reveals some women eat raw placenta.

Parting with your placenta
Placenta encapsulation isn't the only way women make use of their placenta giving birth. Over the years, various options have emerged, allowing moms creative ways to use the placenta.

Afterbirth artwork
Some doulas offer a service where a fresh placenta is pressed against paper to create a blood-stained print, revealing the unique tree-like structure of the organ in an artistic keepsake.

Plant placenta
Some women keep their placenta and plant it in the ground — often as a ceremony after giving birth to provide nutrients for a newly-planted tree.

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metro SPORTS

Canada's Jamal Murray was named SEC freshman of the week after averaging 18.5 points and seven rebounds in a pair of Kentucky wins

Duo at it again in Denver

SUPER BOWL

Kubiak and Daniels find success in third pro city together

When Tom Brady took a knee with 33 seconds left in the first half of the AFC championship and turned to trot toward the tunnel, Broncos tight end Owen Daniels wasn't buying it.

He stood on Denver's sideline pointing at the New England Patriots until they indeed disappeared into their locker-room. Only then did he head off the field, passing his coach along the way.

"I got some comments about that on social media that I looked really confused," Daniels said Monday while basking in the afterglow of his two-touchdown performance in Denver's 20-18 dethroning of the defending champs.

Daniels wasn't confounded, just cautious.

You see, while he was in Baltimore last season, the Ravens came up with a scheme to fool the Steelers in the playoffs. If they had enough time, they were going to take a knee and fake like they were trotting off to their nearby tunnel only to run back to the line of scrimmage, snap the ball while the Steelers were walking off and run for an easy touchdown.

They never got that chance.

But, hey, if anyone else has thought of it, you can bet Bill Belichick has, too.

Owen Daniels had 21- and 12-yard touchdown receptions on Sunday in Denver.
DUSTIN BRADFORD/GETTY IMAGES

"New England has always got something up their sleeve," Daniels said. "... So, I was just making sure I was ready to make a tackle."

It's that football acumen that led coach Gary Kubiak to vouch for Daniels last spring when he and general manager John Elway mapped out their free agency plans and offered Daniels a three-year, $12-million contract.

Daniels has played for Kubiak his entire NFL career. He spent eight seasons with him in Houston and followed him to Baltimore in 2014 when Kubiak was hired as the Ravens' offensive co-ordinator following his firing as the Texans' head coach.

> **There are certain guys you have no doubt standing up for, saying, 'Put him on your team.' And he's one of those guys.**
> Gary Kubiak on Owen Daniels

Together, they resurrected their respective careers before coming to Colorado.

Daniels caught 48 passes for 527 yards and four touchdowns in helping the Ravens reach the playoffs, where he scored his first post-season TD against New England.

In Denver, Daniels caught 46 passes for 517 yards and three TDs in the regular season. He had two TD grabs Sunday.

"As a coach when you bounce to different places and guys' names come up, you've got to be careful," Kubiak said. "But there are certain guys you have no doubt standing up for, saying, 'Put him on your team.' And he's one of those guys."

After signing in Denver, Daniels immediately received an

Gary Kubiak
GETTY IMAGES

invitation from Manning to attend his annual passing camp at Duke, where the QB picked Daniels' brain about Kubiak's offensive philosophy.

Then, Daniels tutored the rest of the offence.

"He didn't like directly order me to do that, but ... it kind of happened naturally," Daniels said.

It's not just Daniels' production, but his football instincts that helped the Broncos (14-4) get back to the Super Bowl, where they'll face the Carolina Panthers (17-1).

Like his heads-up on Brady's kneel-down.

After the game, Daniels searched for Kubiak to soak in the moment.

"Coach Kube and I obviously, we've been together 10 years. Those years in Houston were satisfying because we helped take that franchise from where it was and turn it around to make it a winning franchise expecting to win every year," Daniels said. "That meant a lot and then for us to just kind of be in this moment together. I was looking for Kube after the game. I couldn't find him until he was on the stage."

After the trophy presentation, the two embraced.

"We had a little moment," Daniels said. "I know it means a ton to him to be in this situation. It means a lot to me to share that with him."
THE ASSOCIATED PRESS

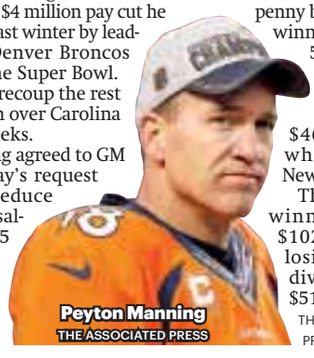
AFC

Manning $2M richer

Peyton Manning earned back half of the $4 million pay cut he accepted last winter by leading the Denver Broncos back to the Super Bowl.

He can recoup the rest with a win over Carolina in two weeks.

Manning agreed to GM John Elway's request that he reduce his 2015 salary to $15 million. But he did so with the caveat that he could earn back every penny by getting to and winning Super Bowl 50.



Peyton Manning
THE ASSOCIATED PRESS

Each member of the Broncos earned $46,000 Sunday when they beat New England 20-18.

The Super Bowl winners each get $102,000 and the losing team's individual share is $51,000.
THE ASSOCIATED PRESS

IN BRIEF

MLB clears Yu Darvish of any wrong doing

A person familiar with the investigation says Major League Baseball has determined that Texas Rangers pitcher Yu Darvish had no role in any of the activities that led to the arrest of his brother in Japan for allegedly running an illegal gambling ring. MLB was looking into the October arrest of Sho Darvish as part of standard protocol and not investigating the pitcher, the source said Monday. THE ASSOCIATED PRESS

NFC

Broken arm, still bound for San Fran

All-Pro linebacker Thomas Davis had surgery Monday morning on his broken right forearm, but is expected to play in the Super Bowl on Feb. 7.

Head coach Ron Rivera said the 11-year NFL veteran may need to wear a brace on his arm similar to the one worn by New England Patriots tight end Rob Gronkowski.

Davis broke his arm in the second quarter of Carolina's 49-15 win over the Arizona Cardinals on Sunday in the NFC championship. Davis said after the game he fully expected to play in the Super Bowl in about two weeks in San Francisco.
THE ASSOCIATED PRESS

> **If everything goes well it is something he can mostly certainly play with.**
> Head coach Ron Rivera

IN BRIEF

Lions' OL Valli retires

Canadian offensive lineman Dean Valli retired Monday after 10 seasons with the B.C. Lions.

B.C. selected Valli sixth overall in the 2006 CFL draft out of Simon Fraser University.

"Dean gave us everything he had for 10 years and I'm grateful for his contributions to our club both on the field and in the community," Wally Buono, the Lions' head coach/GM, said in a statement.

Valli, 32, a native of North Vancouver, B.C., appeared in 155 career games with B.C., winning Grey Cups in 2006 and 2011.
THE CANADIAN PRESS

Receiver Carter back an Al again after stint in Indy

Duron Carter is back with the Montreal Alouettes.

The speedy receiver signed a one-year deal with the Alouettes Monday after spending last season on the Indianapolis Colts' practice roster.

Carter, 24, registered 75 catches for 1,030 yards and seven touchdowns in 15 games in 2014 with Montreal. THE CANADIAN PRESS

Suspicious betting linked to mixed doubles match

Players involved in a mixed doubles match at the Australian Open said Monday they were interviewed by the Tennis Integrity Unit after a newspaper reported it had attracted suspicious betting patterns.

According to The New York Times report, the gambling website Pinnacle Sports said it had received an unusual spike in bets for Lukasz Kubot and Andrea Hlavackova to beat David Marrero and Lara Arruabarrena, causing it to suspend betting before the teams played on Sunday.

All players identified in the newspaper report rejected any possibility of fixing in the match, which was won by Kubot and Hlavackova 6-0, 6-3.

Kubot said Monday "we give 100 per cent of that match" and he believed his opponents "were trying 100 per cent."
THE ASSOCIATED PRESS

RECIPE Black Bean Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Who says vegetarian dinners have to be virtuous? Not us. You won't miss the beef in these zesty, hearty veggie burgers.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 2 x 14 oz cans of black beans, rinsed
- 1 egg
- 1/4 cup of panko or regular bread crumbs
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

Directions

1. Place 1 can of beans, panko, cumin, oregano, cayenne and egg into a blender. Pulse it together until it forms a goopy paste.

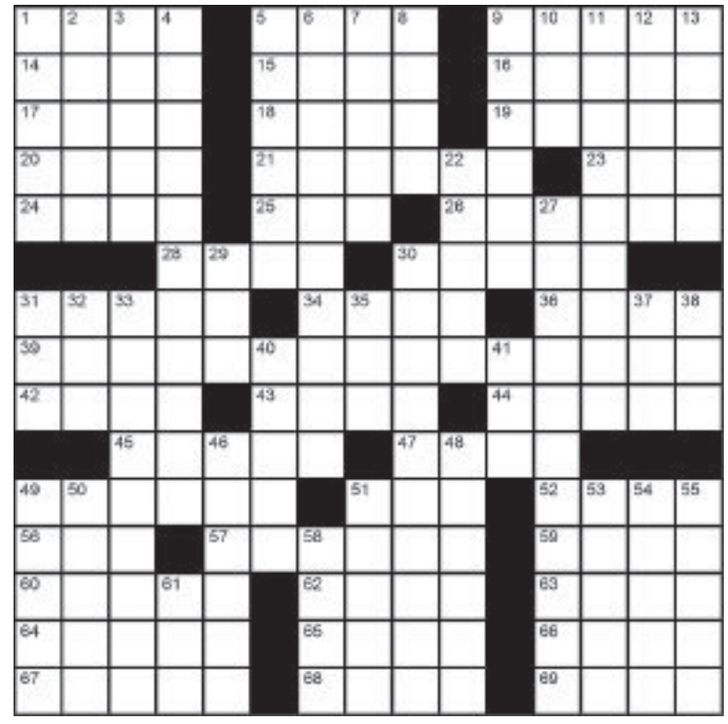
2. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro. Use your hands to form into patties. Don't make them too big or you'll have hard time with flipping.

3. Heat oil in a pan to medium then gently place patties in. Cook for 5 minutes — without touching! — then carefully flip with a thin, flexible spatula. Cook for another 5 minutes on the other side. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Requiring-directions reason
5. __ notes (Quiz-taker's no-no)
9. Aspect
14. Stagnate
15. Comedian Jay
16. Earthy hue
17. Not ever, in verse
18. Klutzes
19. Rule on the throne
20. Achiever
21. Horror movie franchise starring Neve Campbell
23. Negative word
24. __-inflammatory
25. 7th Greek letter
26. Football legend Joe who was a New York Jets quarterback
28. Ms. Spelling
30. Air Canada employee
31. Peggy __, "Mad Men" role
34. Depilatory brand
36. Forsaken
39. Canadian __ __ (Train company)
42. Petri dish gel
43. Mr. Redding
44. Faultfinder
45. Style, as per music or movies
47. Banff National Park animals
49. Adjust ahead of time
51. Health resort
52. Smashes
56. "I don't get it."
57. Beat
59. Grand
60. Denigrate
62. Hang over
63. Vogue's Ms. Wintour
64. Mount of the Bible
65. Coastal bird, variantly
66. Put a 'roof' on a room
67. Concluded
68. Olde-style reward
69. Door fastener

DOWN
1. Ms. Ronstadt
2. Ancient theatre
3. Winter weather woe
4. NWT's equivalent in French is TNO which means: __ du Nord-Ouest
5. Nearer
6. Make an expired membership usuable again
7. Prefix with 'red'
8. Music systems company as seen on The Shopping Channel
9. Posh party
10. Card deck symbol
11. Historic neighbourhood of Vancouver
12. Farm grain problem
13. Wedding anniversary for tin
22. Rita's role in "West Side Story" (1961)
27. Coffee hangout on "The Beachcombers": 2 wds.
29. "Thou, too, sail __, _ Ship of State!" - Longfellow
30. Name of Nick Adonidas' log salvaging boat on the show at #27-Down
31. __ _ whim
32. Fall behind
33. Theatrical gig
35. Mr. Roth
37. Movie star, Aishwarya __
38. Big Apple
40. __ Bay, Ontario
41. "Eeew!"
46. Sea nymph in Greek mythology
48. Hightailed it
49. Chapter of sorts
50. Apply, as skin moisturizer: 2 wds.
51. The Comedy __ (Stand-up venue in Los Angeles)
53. Sleep problem
54. Subcompacts
55. Illegally sell concert tickets
58. Cosmology stuff in space
61. Freelancer's encl.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The critics may say you've been lucky, and maybe you have, but luck is only part of the story — you do in fact deserve your success. Now do something with what you've got, not just for yourself but for others too.

Taurus April 21 - May 21
Put a name to your desires. What is it that drives you? What is it that you want most out of life. Once you have decided that the next step is easy: go out and get it.

Gemini May 22 - June 21
If you're not planning a trip then you should be. Cosmic activity in the area of your chart that governs long-distance travel will inspire you to expand your horizons.

Cancer June 22 - July 23
A problem you have tried to deal with by pretending it does not exist will come back at you again today. Be prepared to do whatever it takes to change your life for the better.

Leo July 24 - Aug. 23
Honesty is essential, even if it means you have to say something that might hurt a loved one's feelings. You have a reputation for calling it as you see it, give it to them straight.

Virgo Aug. 24 - Sept. 23
You are right to be proud of what you have achieved, so let the world know what you have done and let people in positions of authority know you intend to do even more in the future. Spread the word.

Libra Sept. 24 - Oct. 23
The Sun in Aquarius is sure to bring something good your way. Also, this is one of the best times of the year to start something new!

Scorpio Oct. 24 - Nov. 22
You need to put a family squabble behind you and begin a new chapter of domestic harmony. You cannot change the past but you can change your attitude towards it, so forgive, forget and move on — together.

Sagittarius Nov. 23 - Dec. 21
Information that arrives out of the blue will help you make sense of something that previously baffled you. It will also help you distinguish between those who are on your side and those who only pretend to be.

Capricorn Dec. 22 - Jan. 20
Now is the time to fix your financial situation. Cosmic activity in the main money area of your chart will help you make changes that, while painful in the short-term, will yield rewards in the long-term.

Aquarius Jan. 21 - Feb. 19
There is no need to worry and there is no need to hurry. The Sun in your birth sign promises wonderful things — all you have to do is sit back.

Pisces Feb. 20 - March 20
If you want something enough you will find a way to get it. Nothing is impossible. If your desire is strong enough you can make it happen. Dare to dream — and dare to believe that dreams really do come true.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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7	2	5		9		1		
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	1				4		8	
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6			1			2		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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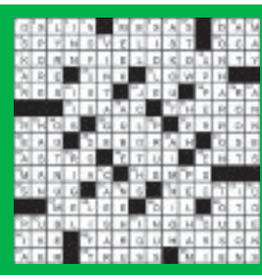

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1	7	6	5	2	8	3	9	4
7	5	1	6	4	9	2	8	3
6	9	3	2	8	7	5	4	1
8	2	4	1	3	5	7	6	9

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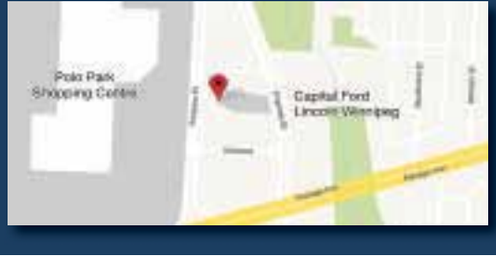

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